

## Peer Support: Memory Cafes....." I am not alone"

---

**Bodmin:** Berdekesa Court, Robartes Road  
Alternate Mondays, 10.00-12.00. Contact: Kerry Banbury on 07771 980181

**Bude:** The Parkhouse Centre. Every 1st and 3rd Friday of the month, 2.00-4.00 pm  
Contact: Kim Tressider on 01288 356 060

**Camborne:** All Saints Church, Community Centre, Church View Road, Tuckingmill.  
Every 1st and 3rd Wednesday of the month, 1.30-3.30 pm  
Contact: Teresa Parsons on 01872 277963.

**Camelford:** Anvil Court, Anvil Court Road, Camelford, PL32 9SD  
Every 2nd and 4th Monday of the month, 2.00-4.00 pm. Contact: Margaret Lovell  
on 07867 783728.

**Falmouth:** Emmanuel Baptist Church, Western Terrace, Falmouth—every 2nd and  
4th Tuesday of the month, 2.00-4.00 pm. Contact: Bob/Toops on 0845 4753319 or  
[www.falmouthmemorycafe.org.uk](http://www.falmouthmemorycafe.org.uk)

**Helston:** Memory Café, Hens Horn Court, Station Road  
1st and 3rd Tuesday of the month, 2.00-4.00 pm. Contact: Margaret Ford on 07974  
728435

**Isles of Scilly:** Garden Pavilion, Chaplaincy Gardens, Church Street, St. Mary's  
TR21 0NA. Every Friday, 2.00-4.30 pm. Contact: Rowan on 422148 or Jane on  
422002.

**Launceston:** Launceston Methodist Church, Dingley Hall, Launceston  
Every other Saturday, 2.00 pm-4.00 pm. Contact: Cym Downing on 01566 774425  
Email: [launceston.memorycafe@googlemail.com](mailto:launceston.memorycafe@googlemail.com)

**Liskeard:** Liskeard Methodist Church, Wesley House, Bay Tree Hill, Liskeard  
1st Friday of every month, 2.00-4.00pm. Contact: Teresa Parsons on 01872  
277963.

**Lostwithiel:** Lostwithiel Community Centre, Liddicoat Road, Lostwithiel, PL22 0HE  
Every alternate Thursday, 2.00-4.00pm. Contact: Jo Hague on 01208 871196

**Mullion:** Mullion Methodist Chapel, Sunshine Café, Churchtown  
Every 1st and 3rd Friday, 2.00-4.00pm. Contact: Mrs. Lillian Watson on 01326  
240709

**Newquay:** St Columb Minor Church Hall, St Columb Minor- Every 2nd and 4th  
Thursday, 2-4pm. Contact: Keith Dynan on 07968 960 694

**Penzance:** Committee Room 1, Penzance One Stop Shop, Penzance. Every  
2nd and 4th Thursday of every month, 2.00-4.00pm. Contact: Margaret Ford on  
07974 728435 or Chris on 07867 783728

## Peer Support: Memory Cafes contd

---

**Saltash:** Burraton Methodist Church, Liskeard Road, Saltash, PL12 4RH. Every 2nd Wednesday, 2.00-4.00. Contact: Theresa Parsons on 07540 920302.

**Polperro:** The Methodist Church, Fore Street, Polperro. Every 3rd Friday from 2.00-4.00 pm. Contact: Katy on 01579 344671 or Pat on 01503 272424.

**Redruth:** St Rumons, 2nd and 4th Wednesday, starting 23rd March. 1.30-3.30pm. Contact: Teresa Parsons on 07540 920302.

**St Austell:** Cuddra WI Hall, Bucklers Lane, Holmbush, St Austell. Every 1st and 3rd Monday 2.00-4.00 pm. Contact: Sue McDermott on 01872 273952.

**St Ives:** Memorial Hall, Trencrom Lane, Carbis Bay, St Ives. Every 1st and 3rd Thursday, 2.00-4.00 pm. Contact: Chris on 07867 783728 or Margaret on 07974 728435.

**St Day :** Little Beside House, St Day, TR16 5PX. Every Wednesday, 6.30-8.30 pm, Contact: Angela Downing on 01209 822300.

**Truro:** Tremorvah Industries, Threemilestone Industrial Estate, Truro  
Every 1st and 3rd Thursday 2.00-4.00pm. Contact: Wendy Grose on 01872 324333.

**Wadebridge:** St. Breock School, Wadebridge  
Every 2nd and 4th Saturday 2.00-4.00 pm. Contact: Margaret on 07867 783728 or Wendy on 07891 840219.

---

## Memory Assessment Service

---

Cornwall Partnership NHS Foundation Trust run a memory assessment service across the county which offer assessment, diagnosis, information, supportive counselling and signposting to other intervention and service options. For more information please contact: 01208 251300.

---

### Articles Needed!

Please send through your ideas for articles for July/August!

No time to write it? Phone Kate Mitchell on 01209 8886643 to have a quick chat and she will write it up for you!